

**PLEASE DON'T
MAKE ME
SMOKE!**



Facts about second-hand smoke
and smoking during pregnancy

DID YOU KNOW...

- "Passive smoking" (exposure to someone else's cigarette smoke) is a leading cause of death in the U.S.
- The poisons in cigarette smoke can harm unborn babies, children, and others who are exposed to them "second-hand."

Smoking kills
non-smokers too!



DID YOU KNOW...

- Smoking during pregnancy greatly increases your risk of miscarriage, premature birth, and low infant birth weight.
- Smoking during and after pregnancy also increases the risk that your baby will die from SIDS (Sudden Infant Death Syndrome).



**Give your baby a healthy start –
Don't smoke!**

QUESTION: What can husbands, friends, and family members do to help a woman quit smoking during pregnancy?



ANSWER: Quit smoking too! It's a lot easier to quit when others quit with you.



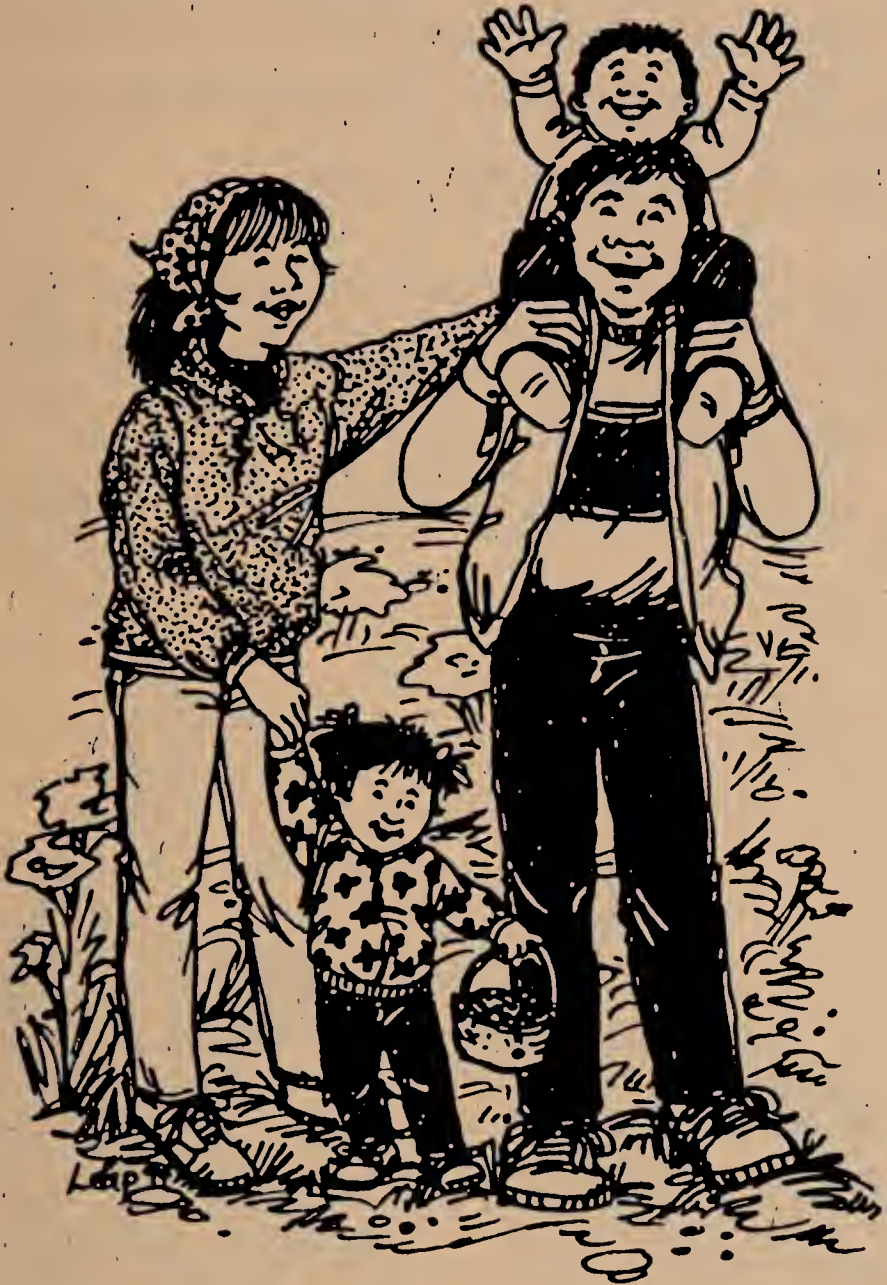
DID YOU KNOW...

- Children whose parents smoke are much more likely to suffer from asthma, pneumonia, and bronchitis.
- Children whose parents smoke are also more likely to get ear infections.



**Remember—
If you smoke around your
children, they're smoking too.**

IF YOU WOULD LIKE TO QUIT SMOKING, contact your local health clinic or health educator for more information.



For yourself and the ones you love, make healthy choices.



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MC5525-59

